



COBB AQUATIC CENTER MOUNTAIN VIEW AQUATIC CENTER

American Red Cross

LIFEGUARDS

2012 CLASSES

Lifeguarding (\$200.00)

(a course fee of \$165.00 is due when you register for the class—payable to CCPRCAD)

(a \$35.00 check must be turned in the final night of class—payable to the American Red Cross)

This course is designed to train participants to be safe and effective professional lifeguards. After successful completion of this course, participants will be certified in the following: Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO). The Lifeguarding / First Aid certification is and the CPR/AED certification are valid for 2 years. The following list contains the Lifeguarding courses offered at Central Aquatic Center and Mountain View Aquatic Center:

CAC: Session I	March 5 — March 23	Mon/Thu/Fri	6:00-9:30 p.m.	(BC 53505)
Session II	April 9 — April 27	Mon/Thu/Fri	6:00 - 9:30 p.m.	(BC 53506)
Session III	April 30 — May 18	Mon/Thu/Fri	6:00 - 9:30 p.m.	(BC 53507)
MVAC: Session 2	April 10 — May 3	Tuesday & Thursday	6:00 - 10:00 p.m.	(BC 53416)

CPR/AED for the Professional Rescuer Review / Recertification (\$75.00)

(a course fee of \$56.00 is due when you register for the class—payable to CCPRCAD)

(a \$19.00 check must be turned in the final night of class—payable to the American Red Cross)

This course is only for those who have a current C-PRO certification. It is designed as a C-PRO/AED recertification course in order to keep the Lifeguarding certification valid. It is not a recertification course in Community CPR/AED programs. Participants must possess a current Lifeguarding textbook or may purchase one at an additional fee. Pocket resuscitation masks will be provided. The following list contains the C-PRO Review courses offered at Central Aquatic Center and Mountain View Aquatic Center:

CAC: Session I	March 28	Wednesday	6:00 - 10:00 p.m.	(BC 53498)
Session II	April 18	Wednesday	6:00 - 10:00 p.m.	(BC 53499)
Session III	May 15	Tuesday	6:00 - 10:00 p.m.	(BC 53500)
Session IV	May 24	Thursday	6:00 - 10:00 p.m.	(BC 53501)
MVAC: Session 1	April 5	Thursday	6:00 - 10:00 p.m.	(BC 53395)
Session 2	May 8	Tuesday	6:00 - 10:00 p.m.	(BC 53417)

Replacement pocket resuscitation masks are included in the course fee for all Lifeguarding and C-PRO classes.



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SUMMER LEAGUE COACHES

2012 CLASSES

American Red Cross

Coaches must have either (1) Lifeguarding OR
(2) Sport Safety & Coaches Safety certifications
to be alone on the deck with swim team.

Sport Safety Training (\$75.00)

This course is designed for those seeking jobs as summer swim coaches. The class will teach the participant First Aid Skills, CPR/AED for Adults & Children, and how to respond to emergencies. The course will offer the following certifications: Sports Injury Prevention & First Aid (valid for 3 years), Adult CPR/AED (valid for 1 year) and Child CPR/AED (valid for 1 year). The following list contains the Sport Safety Training courses offered at Central Aquatic Center:

CAC: Session I	May 21 & 23	Monday/Wednesday 6:00 -10:00 p.m.	(BC 53827)
MVAC: Session I	May 8 & 10	Tuesday/Thursday 6:00 -10:00 p.m.	(BC 53398)

Safety Training for Swim Coaches (\$75.00)

This course is designed for those seeking jobs as summer swim coaches. This course will provide training in aquatic safety, including information on rescue skills. The certification is valid for three (3) years from the date of completion and must be taken in conjunction with Sport Safety Training in order for the participant to be certified as a summer swim coach. The following list contains the Safety Training for Swim Coaches courses offered at Central Aquatic Center:

CAC: Session I	May 19	Saturday 12:00 p.m. - 2:00 p.m.	(BC 53822)
MVAC: Session I	May 5	Saturday 12:00 p.m. - 2:00 p.m.	(BC 53823)

Adult & Child CPR/AED Review / Recertification (\$75.00)

This course is only for those who have a current certification in CPR/AED. It is designed as a recertification course in order to keep the Sport Safety Training certification valid. The following list contains the Adult & Child CPR/AED Review courses offered at Central Aquatic Center:

CAC: Session I	May 21 & 23	Tuesday/Thursday 6:00 - 10:00 p.m.	(BC 54822)
MVAC: Session I	May 8 & 10	Tuesday/Thursday 6:00 -10:00 p.m.	(BC 53394)

Lifeguarding Prerequisites

To be eligible for the Lifeguarding course, the participant must be 15 years of age and must successfully complete the following prerequisites:

- > Swim 300 yards continuously using the following strokes: Front crawl with rhythmic breathing and breaststroke
- > Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder. (time limit: 1 minute, 40 seconds)
- > Tread water for 2 minutes using only your legs—hands must be kept under armpits